

April is ... National Minority Health Month

Did you know ...

- 18% of Rhode Island's population is racial and ethnic minorities, with Hispanics being the largest and most diverse group.
- 63% of Hispanic adults are overweight (versus 57% for the state), increasing their risk for diabetes.
- Cancer, heart disease and stroke are three of the top five leading causes of death for Hispanics.

Here are a few steps you can take to improve your health and prevent future health problems:

- Fill half your plate with fruits and vegetables at every meal.
- Move more! At least 30 minutes every day.
- Quit smoking. Call Ya No Fumo 401-728-5920.
- Call or visit a Minority Health Promotion Center near you for more information about minority health and local health programs.



Minority Health Promotion Centers

Chinese Nurse Association of America
Blackstone Street, Pawtucket
401-419-9228 (Irene Qi)

CHisPA
421 Elmwood Ave, Providence
401-467-0111 (Carolyn Campos)

Genesis Center
620 Potters Ave, Providence
401-781-6110 (Nancy Fritz)

International Institute of RI
645 Elmwood Ave, Providence
401-461-5940 x8613 (Natalie Merrill)

John Hope Settlement House
7 Burgess Street, Providence
401-421-6993 (Kisha Whitfield)

Progreso Latino, Inc.
626 Broad Street, Central Falls
401-728-5920 (Arlene Ayala)

Providence Housing Authority
50 Laurel Hill Street, Providence
401-709-6404 (Fred Sneesby)

Socio-Economic Development Center
270 Elmwood Ave., Providence
401-274-8811 (Cha Le)

South Providence Neighborhood Ministries
747 Broad Street, Providence
401-461-7509 (Bobbi Houllanan)

Woman & Infants Hospital
101 Dudley Street, Providence
401-274-1122 x7051 (Robin Rodgers)

For more information about local National Minority Health Month events, visit the Department of Health's Office of Minority Health's website at **<http://www.health.ri.gov/chic/minority>** or call **401-222-2901**.

